	Nutrition Education Lesson First Grade (TL-1-4)
Nutrition	This lesson is designed to increase students' knowledge of the health benefits of drinking milk.
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Iowa Core	Iowa Core: 21 st Century Skills – Health Literacy (K-2) – Practice Preventive Health Behaviors, Identify healthy foods.
Supplies	Physical Activity Card Set (provided), paper, pencil. Time 30 minutes
needed	required
Lesson	 Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.
	 2. Review the health benefits of milk with the students including: a. Milk has vitamin D and calcium which help build strong bones and teeth. b. The protein in milk makes muscles strong and helps kids grow. c. Skim and 1% milk have all of the same protein, vitamins and minerals with less fat and fewer calories than whole or 2% milk. d. Milk has vitamins and minerals our bodies need. Sports drinks, energy drinks and soda don't. e. Ask students if they have other benefits to add.
	 Introduce students to the concept of an acrostic poem where lines are created off of the letters of a word or statement and each line is related to the root word or statement. For example, A-P-P-L-E Apples are a great snack. People love apples. Playing outside makes me hungry for an apple. Leaves grow on an apple tree. Every day I eat fruit like apples.
	4. Have students move into four groups and assign each group one of the letters in M-I-L-K. Each group will create three lines using their letter. In the end the class will have 3 lines using M, 3 using I, 3 using L and 3 using K.
	5. Collect each group's work and create 3 whole acrostic poems together on the board using the collective work of the class. Each group will have done a piece of each poem. Display these next to a board or large piece of paper listing the benefits of milk.
	6. As a follow-up, remind students before they go to lunch each day this week about the health benefits of milk. Consider asking the class to call out two benefits of drinking milk before they are dismissed to go to lunch.